

## Chapter 09

# The Sublime Calls...

*...Ad'dhyaatm ki Pukaar*

**A**d'dhyaatm speaks to you silently but determinately. Its words are only for the seeker ...only for the pilgrim. Ad'dhyaatm speaks only to the one in search of Truth. The showering of Ad'dhyaatm are only for the one who is not afraid of love - only for the one who loves to live dangerously - only for the one who is capable of loving tremendously - only for the one who looks forward to risk taking - only for the one who is always self intended towards arduous paths. Others must not be bothered about these utterances. For others, who are seekers of the worldly means, wealth, pleasures, and luxuries, these words of Ad'dhyaatm will be mere waste. Others will not follow these words ...they will not enjoy these words. These words will be a burden to them. These words will be a repression on their psyche. Repression will create only anger and only frustration in them ...their lives will be ruined. Let only the real student be invited to this venture. The Sublime calls for you ...the ardent student. The Sublime calls are for you ...the zealous student. Having studied the elements of Ad'dhyaatm, the seeker that you are, will be tremendously happy to observe how the deliverances of Ad'dhyaatm become nonentities to the non-student. You will be able to visualize the eternity of Ad'dhyaatm.

**Ad'dhyaatm does not talk about God - Ad'dhyaatm talks God.** How can anyone who talks about God acclimatize you with Him? He himself does not know God. At the best, he himself is in ...search. In utmost probability, his search is not complete ...his search has stopped. Especially in light of the fact, that he has started preaching God, he has culminated his search ...he is neither increasing his capability nor finding further clearer meaning of 'The Truth'. His journey has ended. He is in a very dangerous situation ...even a risky one, dangerous because the pseudo has fooled him ...and risky because he has lost his track. He has started travelling in some other direction. Stagnation has taken over him; he is going away from his goal ...and he is talking about God.

**Truth cannot be seen with naked eyes** ...truth cannot be cognized with the five sense organs...because Truth is very luminescent. The evident ruling is obvious - The lens of physical eye automatically closes when it confronts brightness. The phenomenon of Truth is so bright that the aperture of the eye becomes zero when

you confront it. Accordingly, 'The Truth' is beyond your present reach ...because somewhere, you have closed yourself. You have limited yourself in your own *Khshetra*' ...in your own body ...in your own nature. **Know that all existence up to Vedas, Aagamaas, Grammar, Rhetoric, and all branches of science and arts - all these limit your self in a closed loop.** All existence up to here is covered under lower knowledge - *Apara Vidya*. Truth is beyond this *Khshetra*'.

Ad'dhyaatm is Brahma' *Gyaan* - *Para Vidya*. (*Par* is Life of The Creator - Brahma'). Only a student of Ad'dhyaatm is qualified to meet Truth. The education of Ad'dhyaatm is as widespread as existence itself. It is so prevalent in all works of nature; it is existential in all motion and in all stillness. No living soul is spared its golden touch. Yet, it is only the question of your knowing it in an aware manner. It is only your knowing it consciously. The call of Ad'dhyaatm is necessarily driven by certain characteristics and it has certain deliverances for the student - you cannot miss these facts ...Note them ...know them ...register them ...enjoy them.

**One characteristic of Ad'dhyaatm is that it puts the fundamental pithily and at the very outset.** When one has understood ...about God, he talks about God. He has reached near about God. His vision is coming and going. His stance is flickering. He has glimpsed. If he continues to be on the track - he is a poet. If he gets out of track, he becomes a priest. Priest talks about God. Poet communicates in rhetoric. Priest communicates in impossible and talks in rituals. Poet, because he is on the track, travels further and becomes a mystic. For priest the journey has ended. Poet has glimpsed God once ...Mystic visits God often. Mystic is with God whenever he wishes. The language of poet is enjoyed by the learned and the ordinary mind is filled with aura on hearing a poet. Mystic talks in a language that is confusing to ordinary minds. The mystic talks in parables. The poet enjoys it - Parables are of immense use to the poet ...the meaning is hidden. To the pilgrim every parable has a deep, luminescent, clear, forwarding meaning - an accelerating one - a catalyzing one. The pilgrim has a wisdom of his own ...he knows that a parable must not to be dissected. If you dissect it - there is nothing in it - all is gone - The parable becomes meaningless - even the body is lost. The parable is of tremendous value to the pilgrim as a whole. It shows him the God. It is not about God. It is 'The God' to the pilgrim. The parable, the indication, the hint, the pointer reflects God to the pilgrim.

**There are no footmarks but these parables are much more than that.** These are clear evidences of God being available. The true pilgrim transcends the journey beyond parables. Prophet talks God. This Fundamental is pithily direct to a prophet ...it is evident to a mystic ...it is beautiful to a poet ...and it is confusing to the common mind.

**Another characteristic of Ad'dhyaatm is that it does not talk about Dharma or Aatmaa or Heaven or Hell - It places you into them.** To Ad'dhyaatm these all are your own versions only. These all are creations of your mind. These all are attempts to clarify the inexpressible. These are mere explanations of something that is mysterious. These are mere efforts to de-mystify the existence. Remember existence

is complex. Existence is not a rectilinear; it is not a straight-line logic. Existence being complex, it can be envisaged only in simplicity ...without your applying yourself and without your exerting yourself. Only you have to wish totally. Existence cannot be known with effort. It is not understandable with thinking - you cannot comprehend it by explanations. It is mysterious. It is inexpressible. Inexpressibility is the sole character of existence and human mind cannot do anything other than attempting to express in so many ways. **Ad'dhyaatm directly joins you with the existence; it brings you in contact with The Truth. Truth is eternity, in long-lasting durability, in eternity and in prolonged stability.**

**...Stability is natural demand of each individual.** From stability, alone peace and happiness are born. Stability is the mother of peace and happiness. Individual cannot have any other choice but to aspire for stability because he was born from stability. Only some fickle ...termed play of God ...made him to become unstable and since then he is searching for his base - Stability.

**...When Peace and Happiness evolve simultaneously in you - you reach the state of Bliss.** Now your peace is not passiveness and your happiness is not engulfing into pleasures. Now your' being peaceful does not mean that you are unaware. Now you are not closed to your surroundings. Now you are not unconcerned regarding the happenings around you. Now you are neither deaf nor dumb to the world around you. Now you are not even alienated. You are peaceful and playing your role. **Now you are at peace while doing full justice to your designated and accepted role.** Now, your being happy is not an external laughter. Now happiness is your inherent part. Now happiness is your internal state in all that you do.

**...Stability can be reached through the passage of utmost instability.** You cannot get total stability if you have not been totally unstable. If you have experienced only partial instability, you can achieve only partial stability. Peacefulness can be reached through stability. **Happiness is an automatic flowering in the peaceful state. Peace is natural outcome of stability and stability is natural fruition of instability.** Happiness evolves naturally. Happiness already exists inside your being - it only requires peaceful state for it to emerge. A peaceful soul cannot be unhappy for long. A stable mind cannot be away from peacefulness - **A stable mind is natural outcome of experienced instability.**

**...In order to achieve anything in life there has to be a goal - a direction - a preparation - an effort - some action - some milestones and some destination.** One has to be on a journey. You have to be on the journey of some kind of defined nature. You have to recognize your pilgrimage.

**...To be awakened is to be out of sleep.**

**...To be aware is to be out of ignorance.**

**...To be knowledgeable is to be well informed.**

...To be conscious is to be on the track.

...To be on the track is to be in process.

...Being in process is to be a human - not a mere man. To be human is to be God wards. To be God wards is to be on pilgrimage.

...To be on pilgrimage is to be a Pilgrim.

...Recognize your pilgrimage and be awakened.

...Being awakened is the Golden Rule.

...Being awakened is being watchful.

...Being watchful is something to do with light.

**Watch another characteristic of Ad'dhyaatm - You can be watchful only if you tend to bring in light at the dark place.** Darkness is very prevalent - your past has already brought darkness in your life, so predominantly, darkness appears to be always prevalent ...it is always there. Never can you bring darkness. You can only bring light. Darkness can only be removed. Bring the light and darkness will go away.

**We have never heard darkness can be brought.** We are very stupid people - Genuinely, sincerely stupid people. We do every bit to bring darkness in our lives. We do the wrong - we repeat the mistakes - we commit blunders - we run berserk on foolish tracks - we make our life hell. Yet we condition ourselves in a way that our definition of truth states that we cannot bring darkness - and that the darkness is always there. How convincingly we fool ourselves. Whereas the truth is just the reverse - Heretically ...intrinsically we are only bringing ...Darkness in our lives.

...All our information-giving pundits have taught us wrong definitions of right and wrong. We have become conditioned in a way that we tend to believe the reverse. For example - we have been made to learn that all that is dream cannot be the awakened form. How wrong is this teaching to the learned pilgrim? All that is subconscious and all that is unconscious has to be not true but false. How inappropriate statement for the learned pilgrim?

...All that we think we can manage is ...'Darkness'. All forms of lethargy, all mechanisms, which create lack of our being thoughtful, are ...darkness. ...All that adds to our ego, all that smudges our purity, all that dampens our spirit, all that weakens our intelligence is darkness. ...All that by which we lose our childlikeness, all that by which we lose our innocence and all that by which we start losing the charm of wonder and awe, is darkness. ...All those who take us away from nature, all by virtue of which we tend to cease enjoying the dance of nature around us, by virtue of which we tend to stop seeing the vibrant colors around our world, by virtue of which we tend

to stop hearing the sounds of nature is darkness. However, we solemnly declare ...and we declare even to our own selves ...Darkness ever exists - darkness cannot be brought - only light can be brought - bring the light and darkness will be vanished.

Yet the beauty of the statement is praiseworthy; so is the love of God towards us. Bring the Light and Darkness will be vanished. Do not repress, do not try to throw away - It just does not work - You really cannot throw away the darkness - That is not done - You just bring light to it.

### **...You just watch it**

You just watch your blunders and they will be gone. You just watch your desires and they will be subdued - they will be your servants. You just watch your ego and it will be dropped. There is no other way. Darkness cannot go away by any other means. You have to bring light into the place and darkness cannot stay there. Just watch. Just be awakened. Just be awakened and recognize your pilgrimage.

### **Being awakened is the Golden Rule.**

*Be awakened and recognize that the devil exists. This recognition will make the Devil vanish. Once you start watching - That is bringing light to the devil or to the darkness - It will go away.*

### **Existence is the only Truth.**

### **Recognizing existence is the only pilgrimage.**

Existence is not to be run-off from; that is escapism. Escapism is a non-achiever's system. If you attempt to escape - achieving is not possible. Recognizing is a mental state. It is like an establishment. It is a structured phenomenon. Recognizing is becoming aware.

### **Awareness should be done with tremendous love.**

### **Love should be done with tremendous awareness.**

...

***Know that society is made-up of the three constituents - the Manipulator, the Earner and the Manipulated. There is a definitive class of the Manipulator and a defined class of the Manipulated.***

***The Manipulator cannot be a large fraction of society. It is that section of society, which is adapt at exploiting and scheming, at planning and at enjoying at the cost of others ...all of others. This is the genuine parasitic class. The Manipulated is ...Bechaaraa. This class cannot do anything about its plight. In***

*fact, it does not know anything about its surrounding. It is incapable and unqualified to even understand its status ...it serves as a medium for the manipulator ...and it is a large section of the society. The Earner Class comprises of two - The Experience Based Earning Class and The Learning Based Earning Class. This once again, is a small section of society. The Experience based Earner manages his world more practically than the Learning Based Earner. The Learning Based Earner depends on the system. His internal strength is in behaving in the copybook manner.*

*Know that the society remains in a balanced state between the Manipulator and the Learned.*

*In all continuing civilizations, the Manipulator tends to emerge winner because the Learned slowly gets restrained to rulings and ethics ...and the Manipulator keeps on inventing newer tools to his purpose. What happens when the social system starts getting manipulated? That is ...what happens when there is some imbalance ...either the Learned is not pumping enough strength or the Manipulator is extracting more resources ...or the Earner himself has started getting manipulated.*

*...What is the role of the Learned Class?*

*...What learning is all about?*

*Remember, you belong to this special class of the Earner who is learned ...academically and you are actuating in the world within the scope of your education.*

*... Ad'dhyaatm interfaces effectively in such scenarios...*

*...The Manipulator and the exploiter must take away all that is godly and the God. The Bechaaraa ....must get manipulated and exploited. When the Ad'dhyaatm is on the 'in-total-positive mode', the Experience Based Earner must mend the means and after some futile attempts, must wade off. You, the Learned Earner, must utilize your learning, your academics.*

*...That is how the world moves.*

*...That is what Gati is.*

*...That is what life is.*

*...That is the ethical code.*

*...That is the beginning of Journey beyond Love ...*

Wherever you see the Learned behaving in line with the ethical code ...know that the society is Ad'dhyaatmic. Wherever you find the Learned contributing to social norms ...know that Ad'dhyaatm is in place. Wherever you observe that the Learned is magnanimous in his approach towards others ...believe that Ad'dhyaatm is in vogue.

**Learned is one kind of flower required in society ...like the two others.** Other two kinds of flowers just exist ...the Learned kind of flower must also exist ...and be fragrant in-line with its role. Its role is of the builder. Its role is of the creator. Its role is of the furtherer. Its role is of the advancer. It cannot be limited to one spouse and two children. It must not be constrained into its material requirements alone. It should not be running amuck ...without ever stopping to think back. You cannot be out of your being learned academically. You can be either out of life or you have to be in life. The choice is with all mankind ...but tools are with you ...the academics is with you ...the classicalness is with you ...the power is with you ...the responsibility and the onus is on you. You can decide not to live. You can decide to be on Journey Beyond Love...

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## Believe in your heart

Each cell has its own life and its own brain - and thus its own intelligence and its own thoughts. May be the thoughts of the individual cell are simple and linear but these cells along with their brain, intelligence and thoughts constitute your body. All sense organs sense and feel based on these living cells. Sense is linear ...feeling is somewhat complex. Sense is purer as compared to feeling. Sense does not encompass many feelings, it is not possible, but feeling is necessarily a mixture of many senses. Your heart when pumping blood also infuses feelings into you and this makes you live ...this constitutes your life. These feelings are to be believed by you. We tend to ignore our feelings ...we doubt their reality. This is not to be. **Your cells are simple ...pure - They cannot infuse wrong feelings. Only your mechanism, which records these feelings, needs to be corrected. How you record these emerging feelings needs to be re-visited.** Sure, there is mix up somewhere in your circuitry. You have to start understanding the truthfulness of these feelings and start believing in truthful existence of these feelings. You should just acknowledge that these feelings exist. These may be positive feelings or negative feelings. These feelings may be to your liking or may be against your interests. That is totally a different matter. It is not being said that you act on these feelings - it is being just brought to your knowledge that academically these feelings are to be acknowledged as existential. Believe the outcome of your heart. Believe the truthfulness of your feelings. **Believe your Heart.**

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## Believe your Mind

- Mind is the data bank of all that you know. Mind keeps the information. Information is knowledge. Mind is the most efficient librarian at your service. It catalogues all information and retrieves it for your use whenever **you need to**. *Note - 'You have to need to', otherwise Mind will not retrieve the information and if you will not need to for a long time it will start retrieving less efficiently.*
- Remember - mind cannot analyze. It can only transfer. It is a clerk. It transmits information between Sense Organs and Your Brain. Brain works under the influence and directions of your intelligence.
- In present times' grown up and typically blown up mental scenarios, brain is not only a library - collection place of information - it is also a laboratory. When Brain becomes a laboratory, the mind becomes a lab assistant. It assists the scientist - the intelligence.
- In operation theatres - the doctor does the real critical work - all other preparatory part is taken-care-off by his assistants. Like, the assistants cannot be the doctor the mind cannot be the scientist.

Mind is like an efficient assistant, which is in constant contact with senses as well as with the intelligence. The Moment we slag - the mind tends to take over the work of the expert and the whole problem begins.

**It is only due to our lethargy, our tendency to be in rest, to find pleasure in not being alert that the mind, the glorified mechanic turns into the glorified scientist and this glorified doctor takes over our decisions and takes over our life.**

It asserts, "Boss! You don't worry - you take rest - I will manage for you - it is so simple - you know, I can manage - you know, I will do it right - you are very much aware, I can do it. I will do it for you."

Believe it - Mind otherwise is just a bundle of thoughts. Psychologists and Philosophers have long debated on rooting a definition on mind - always in vain. For centuries, Mind has been able to confound the literate. What a puzzle - to know a thing you should go out of the thing. How can you know about anything if you do not see it from its outside? You cannot be inside the thing and know about it. You have to drop the thing totally in your vision scope. How can you drop your mind to observe the mind? Because without the mind how will you observe? It is like trying to understand who you are - Or, like trying to understand God? It is always mysterious. Mind is that mysterious something that is nothing. From another point of view, the question 'What is Mind?' is most helpful. Because when we begin to realize that we cannot find the answer, that it remains a mystery, we are more likely to surrender the mind to God, knowing that in the final analysis we cannot know the answer and that we depend



upon God to guide us. Knowing everything to be a mystery is actually the gateway to salvation - Believe it

Mind is made every minute. It is ever changeable. It is very wavering and unsteady. Mind always wants to do something when it attaches itself to an object it cherishes. It is difficult to divert the mind, which from infancy, has fallen into the pernicious habit of seeking pleasure outwardly and it shall ever persist in doing so. Mind has habit of externalizing.

Yet we have been successful in mapping its movements, in training it, in making it our servant rather than our master.

Believe it - **Believe your mind.**

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## Believe your intelligence

Intelligence is purity par excellence; like a flowering. Intelligence is not acquired, it is inherent. It is always present in you - it is very much there - existing - available to you. It is with you. Where there is life - intelligence is already there - is bound to be there - Life cannot be existent without intelligence.

Intelligence is power to analyze - To dissect - To probe. It is that power, which is beyond the mind. It is not any kind of an automated study pattern - it is not a complex logic - it is not a problem solving formula - it is that pure knack, which works.  
**Intelligence is that basic flame, which shows the light.**

It is only short of intuition, spontaneity and stillness. Intuition, spontaneity and stillness are versions of intelligence found in beings who, are in their advanced stages of evolution - **Insight develops thus.**

Your intelligence is always at your service. It gives directions - it churns out best possible solutions - **It is your sublime guide.**

Believe your intelligence. Learn to be in company of your intelligence. Start listening to your intelligence.

Society does not want Intelligence or intelligent people. Intelligence is dangerous - tremendously a dangerous and risky power. Intelligence is like fire - highly inflammable - rebellious - not accepting the present - out and out in contradiction with the present and in full vigor bubbling to fight back. Society needs slaves - conformers; society needs workers not intelligent beings. By the time you are an adult your intelligence is conditioned - you are taught - you are made a gentle man. You are afraid, and you are not a man now. You are a strict follower of some principles that

society has declared. You are already on a different pilgrimage - the pilgrimage of the worldly acquisitions. You are closed to naturalness of intelligence. Pure intelligence needs air to survive - it needs sunshine - it needs to breathe to grow. Pure intelligence needs to bloom - it needs to blossom - it needs to flower. **Pure intelligence is your companion to make you integrated. If integrated - you will be matured - you will be natural - you will be innocent - you will be childlike - you will be full of wonder and awe.** When you will be living with such intelligence, you will be living naturally ...you will be growing naturally. You will not know jealousy ...no hatred ...no anger ...no lack of trust; rather you will be 'ever loving' ...ever aspiring ...ever in stream and ever ...in process. You will be a true human being - Truthful and Truthward. You will experience the Truth. You will be aware, awake, conscious and always ready to play the game of giving ... loving. Believe it. **Believe your intelligence.**

**Believe your mind, believe your heart and believe your intelligence.**

**Belief, Reason, Knowledge and Faith** ...are four important psychic processes.

Once you have Belief in your natural utterances you must reason out the results thereof... Findings there-in are knowledge - Your information to yourself - your very own Knowledge base...

With this Knowledge base seated firm in you - you develop Faith.

This Faith further is strengthened into ...Firm Faith.

Living with this kind of attained Firm Faith in yourself - **You turn Wise.**

When life is experienced with this kind of attained Wisdom, in the awakened and conscious state - Truth is seen - Truth is experienced. This experience is God. Journey from Believing to Wisdom to Experiencing God leaves no space for the Darkness / Devil to approach you. Believing and attaining Wisdom is journey of light into further and further Enlightenment. Right from first step "Believe your Heart", the Devil has been fought-back and won-over.

Let the wisdom prevail in your life

*Darkness is evident; it is already prevalent; it already exists; it is not to be brought; it does not stay anywhere else. Darkness is always with you; it is always a part of your existence; it dwells within you. Darkness, along with its all relatives, keeps you ever engulfed.*

When a part of you considers your existence in the external world ...in the world, which is outside of you ...in that part of the world, which in any case, does not belong to you - You are self-alienated. You cannot carry even an iota of this existence with you. It does not belong to you; it cannot be your forte. The world outside of you is infinite and total; you are not a part of it. **If you can consciously take only that part from the outside world that you need for your physical existence you are not disturbing it. In such a case, you are not overstepping any ethical norm.** However, if you overstep this golden line you make the infinite external world to react against your physical existence.

Do you understand: You may not be able to see the pain signals of the external world; you may not be able to register their warnings; you may not be able to listen to the cry; but be sure, once you have broken the golden rule - You are engulfed into darkness? Better - understand it. Darkness is evident; it is already prevalent; it already exists; it is not to be brought; it does not stay anywhere else. That Ad'dhyaatm which does not take the responsibility to teach you this is a pseudo.

When a part of you considers your existence in the internal world, in the world, which is inside you, in that part of the world, which belongs to you, you have the chance to escape the darkness. Yet the Ad'dhyaatm warns - Darkness is always with you; it is always a part of your existence; it dwells within you. It is important that you understand this too.

Any living entity has to undergo four stages: **Birth - Growth - Decay - End** (Death). For any class of entity, these four stages exist in predetermined life cycle. Each individual phase of each life is already well established - it must be so - the life has not started today - it ever existed - your work is to know it, to understand it, to live it and to love it.

Your life starts only after you are born; now birth has already taken place; it is already done-with, it has already occurred. Now the birth has taken place - happened. You cannot do anything about it; you cannot undo it. Be clear that your birth is not in your control - God alone controls this change phenomenon. **Your only part in your birth was your intent.** You wished to be born. Your wish had been very intense very wholesome. Desire - Wish - Will - Thought - Purpose were the strong reasons that you were born. Happiness was the substratum. You never wanted to be born out of misery ...or into misery. Birth means coming into this existence. Earlier you were somewhere else - you existed in some other form; you did not belong here - and out of your total prayer, you are born here now. Never forget, it was the substratum of happiness and your total intent, from which you were born.

You are left with having only three choices now - **Growth - Decay - End** (Death). Birth, you wanted so desperately and Death, you detest so completely. This is wrong,

it cannot be true, it is against that golden rule - you need to re-consider this - you need to challenge this. You can afford to forget the purpose why you wished to be born. You may forget that for the reason that someday you will recollect this memory but by detesting Death, you do the mistake of breaking yourself from the chain of continuity. You rebel against the golden rule of eternity, you antagonize against the universal ethical dictate. By detesting Death, you cheat your own self, you irritate your own being, you negate your own existence - you force repression into your sweet and happy existence. You were so happy to be born. Your struggle, your effort was magnanimous, you made everyone to struggle for you to be born, you made your world with all your relatives to be with you and be equal partners in your struggle and in your triumph. In a single hurricane effort, you became many, you were one and you turned into many. Do the similar exercise with your death too. Death is also not in your control, you cannot do anything about it. God alone controls this change phenomenon. You can only make it magnanimous. From death, you only traverse into some other part of the existence in some other form.

And remember in your class of life too, the life cycle of all stages is already defined. The ideal possibility is already established. You can only maintain it, you can only stick to it; you can only adhere to it. Your best performance in life can be only sticking to it ideally. It must be so - the life has not started today - it ever existed - your only work is to know it, to understand it, to live it and to love it.

Birth - Growth - Decay - Death: **Birth and Death are not in your control and they are the golden gates of your journey.** Birth was the end (death) of your previous existence and you made it magnanimous; Death is your beginning of your next existence make it magnanimous. This life is journey from your magnanimous entry ....Into growth ...Into decay and then ...into your magnanimous Exit. Growth and Decay are the only factors allowed to you for any active participation.

**Growth can lead only to Decay. ...Something is funny. Is that the track?** Decay cannot be a word in life of the Ad'dhyaatmic student. The golden track cannot be depressing ...oppressive. The word in Hindu Ad'dhyaatm is *Kh'shaya'* (near about meaning - to be lessened / decreased). **The growth is followed by *kh'shaya'*.** Every upswing is compulsorily, followed by a downswing. This necessarily ought to be true; the life can move thus only. It cannot be a linear graph - it has to be a wave. Rest succeeds every growth ...the slope changes into a lesser degree of inclination...

Even for any communication to happen, every word needs to be followed by a gap. Without gap the word has no meaning - it cannot exist. For the word to have meaning, it needs to be preceded and succeeded by gaps. The word girl is not the girl ...the word girl does not mean the girl - the gaps before and after it, communicate the meaning. At certain level it is a bit confusing too - Whether the gap communicates the meaning or the word does so?

At some stage in life 'gaps' and in some stage in life, 'gasps' communicate the meaning. Where 'gaps' indicate total peace ...total silence - 'gasps' indicate total aggression ...total noise. Both are accentuations of transgression. Life can be said to

be meaningful, only if you could find the meaning from it. **Life can be said to be evolved, only if you could make it more magnanimous from your entry point to your exit point - by adding value to it during your growth periods and during your *kh'shaya* periods.**

Of course, not sticking to growth slot can surely bring in the decay. It can actually hasten the decay. Only being in growth can save you from this decay. Decay is merely a byproduct of being in non-growth slot. *Kh'shaya* is welcome not decay - *kh'shaya* is life affirmative not decay - *kh'shaya* is positive, decay is negative. In continuity defined Life, there is no stage like 'non-growth'. Non-growth is stagnation and it is not any part of living. Growth follows *kh'shaya* and stagnation follows decay. Both separately represent the two sides of their individual coins. Positivity can lead only to positivity and negativity can take you to only negativity.

Now consider... How much of your growth is monitored by you? How much of your growth is envisaged by you? For your growth, how much you are dependent on you your surroundings? Consider also that your surrounding is, in itself, undergoing its own cycle - it is itself incomplete - it is itself in gross dependence on everybody ...anybody ...anything ...everything ...its own surrounding. How can your surrounding ensure growth for you? Why 'your' surrounding will assist you in your growth? If you do not take 'your' this growth in your own hands there is no escape from the evident oncoming decay. This alone is the darkness.

*Darkness is already there; it already exists; it is already prevalent. Darkness is already encompassing you, engulfing you. Darkness is not to be brought from anywhere else; it is already evidentially in your vicinity. Darkness is evident - you make it evident.*

**That Ad'dhyaatm which does not take the responsibility of ejecting you from stagnation is a pseudo.**

**Man is made-up of eight *Tat'vaas*** (Basic Elements - Root Principles). These are *Prakriti*, *Bud'dhi* (*Mah Tatva*'), *Trigunaatmak Ahankaar* and Five *Tanmaatraayein*. *Prakriti* is God's own personal and private *Shakti* - *Maayaa* also known as Mother Nature. *Bud'dhi* is Intelligence that is said to be having two inclinations - one that of *Bhoga*' (*Pravriti*) and other that of *Moksha*' (*Nivriti*); this is also man's *Mah Tatva*'. *Trigunaatmak Ahankaar* is the man's pride of three qualities - One pertaining to Truth (*Saatvik*); One pertaining to Action (*Raajsik*); One pertaining to Stagnation (*Taamsik*). And, Five *Tanmaatraayein* are the *Suksham* Qualitative Five *Bhootas* - *Aakaash* (abode of your God), *Vaayu* (abode of your Compassion), *Tej* (abode of your Fire), *Jal* (abode of your Sustenance) and *Prithvi* (abode of your Creation).

**From these eight *Tat'vaas* man's action is born. And, from action new man is born. In this way, birth and action occur again and again.**

**Body should be known of three kinds -**

- i. **Sthool** - The *Jaagrat* State, the awakened state, one in which man is conscious, one in which man's awareness is alive; body that is in action.
- ii. **Suksham** - *Jaagrat* and *Swapna*' State, the one that is awake and in sleep too, one that is non sleeping and dreaming too; body that bestows with sense pleasures.
- iii. **Sushupta'** - the one which makes man to experience the bliss of his Individual Soul (*Aatmaanand ki anubhooti karaane waalaa*).

These three bodies are also understood as -

- i. The Physiological Body - The Gross Body (*Tann*).
- ii. The Esoteric body - The Soft Body (*Mann*).
- iii. The Cause Body - The Intelligence Body (*Dhann*).

Man is subjected to *Sukh* and *Dukh* based on his *Praarabdh'* *Karmaas* - *Sukh* in lieu of his *Punya'* and *Dukh* in lieu of *Paap Karmaas*. In this way, tied up of action bondages (*Bandhans*), man (because of actions of his body) is on continuous spin. To be relieved of this eternal spinning the man must remember and pray the Ring Master of the phenomenon.

*Prakriti* etc. - eight *Bandhans* - in themselves are the spinning wheel and one out of these is 'The God'. God keeps these eight *Tat'vaas* in His control and rules them.

*Sarvag'yataa*, *Tripti*, *Anaadi Bodh*, *Swatantrataa*, *Nitya' Alupt Shaktiyon se Sanyuk't hona* and Retaining Eternal *Shaktiyaan* - these are six Godly *Aishwaryaas*. And for this reason alone - these six come in man's control only because of love of God.

***Bad'dha'* Jiva (Bonded Soul) is the man who is tied of these eight *Bandhans*.**

***Mukta'* Jiva (Liberated Soul) is the man who is free of these eight *Bandhans*.**

***'Moksha'* (Emancipation) is bringing these eight *Bandhans* in Self - Control.**

*Bandhan* (Bondage) is one that comes; Bondage is evident; it comes by the established norms. *Jiva* is in bondage by the already existing scenario. But *Moksha* is self established. *Moksha* is to be established by the Self.

That supreme *Tatva* by which *Bad'dha* *Jiva* gets liberated instantaneously is *Vigyaan*.

*Vigyaan* is that, on emergence of which, 'I am Brahma', such strong belief is achieved. Nothing else is remembered instead. *Bud'dhi* gets totally purified.

*Vigyaan* is rarely achieved.

This *Vigyaan* is born of *Bhakti*. That is *Bhakti* is mother of *Vigyaan*. In other words, in absence of *Bhakti*, there can be no *Vigyaan* or if you are pursuing *Vigyaan* in absence of *Bhakti*, you cannot achieve it. *Vigyaan*, in turn bestows *Bhoga* and *Moksha*.

*Bhakti* is possible by God's Grace. There is no difference between *Bhakti* and *Gyaan*.

#### **Ad'dhyaatm lays down the simple procedure for the student's journey -**

*Yama* - *Niyam* - *Aasan* - *Praanaayaam* - *Pratyahaar* - *Dhaaranaa* - *Dhyaan* - *Nirvishaya Manah* - *Samaadhi*

**The journey is marvelous from the onset.** Pleasures of goodness are bestowed on the pilgrim at each step. The fragrance of purity unfolds immeasurable charms on the seeker. You grow in physical strength and build up in strength of character in gross manner. Creativity, Efficiency, Productivity and Spirituality become your eternal companions and constant ordainments. Each breath is piety, each vision is sublimity and each step is divinity. Your starting is ...being a - **Maha Purush** and you go on ...soon you turn into a **Sadhu** ...one who is always active in attaining perfect conduct with perfect faith and perfect knowledge ...one who always practices penances. As a *Sadhu*, externally you try to have perfect faith, knowledge and conduct and you practice excellent penances ...internally you fix your mind upon the soul itself, which is the only receptacle of perfect faith knowledge and conduct and excellent penances. The pilgrimage endows the student with acquirement of following sovereign attainments in accordance with his proficiency.

**San'nyaasin** - You are not tainted by Worldly Desires - You live a rigid life of continence. Through continence, your Physical Energy gets converted into Spiritual

Energy. Your faculty of understanding gets keener. Intuition is the outcome of such exalted discipline. All knowledge is Intuitive; only for Gross reasons it needs to be developed; much trouble originates thus. As a *San'nyaasin* you are the master of all such phenomena. You are ever happy. Love resides in your vicinity - Every now and then you are in and out of Love; 'when in' you are in performance mode and 'when out' you aspire for Love.

**Muni** - You have controlled the vagrant flights of your Mind. Subjective world is your field of play. You can read the logical end of any phenomenon in much advanced manner. You can decipher the process of logical culmination of each phenomenon in threadbare condition. Your understanding of movements of thoughts of the world around you is wholesome. Deep Satisfaction and Immense Happiness are your internal partners. You are a 'near reached' being. You elevate to be a '*Mahaa Muni*', your peak fruition. Bliss is your ordainment. Love is your life. Entirety is your domain. Universe is your home and Existence is your Family.

**Rishi** - You are 'The Seer'. You are able to see deep; you are able to cognize from all your sense organs. Your knowledge is comprehended both objectively and subjectively. You are the scientist. Truth is your forte. You meet the Infinite through the door of *Tatva* Gyaan. You can deliver objectively. You know the science of multiplication. You are a player of applied logic. You create the commodity of universal requirement. You research the Material with knowledge of Non Matter. You can be a *Mahaa Rishi* (a great scientist), a *Raaj Rishi* (a scientist of the King). You can even be a *Dev Rishi* - even Devaas require a *Rishi*.

**Tapasvi** - This is more of a qualitative attribute. *Tapasvi* is one whose life is consciously engaged in *Tapasya* (austerity) - whose *Dincharya* (life format) is *Tapasya*. *Tapasvi* is one who reaches his ordainment with *Tapashcharya* wherein he devotes his life to austerity for some reason strongly important for him. A *Muni* or a *Rishi* has also to be a *Tapasvi* necessarily. But the *Tapasvi* masters the science of *Tapasya* so congruously that he is known more for his *Tapasya*. Nothing is unreachable for *Tapasvi*, for he has mastered the science of attaining. *Muni* and *Rishi* are expertise formats of subjective and objective worlds, *Tapasvi* is expertise format of the world of living. You can be a *Mahaa Tapasvi*, not a *Raaj Tapasvi*, not a *Dev Tapasvi* but you can be a *Ghor Tapasvi*. *Ghor* means a deep direction, a very deep singular penetrating direction, a blinding direction, a uni-directional uncaring brusque intention. *Ghor* could also have dark shades. There is nothing like *Ghor Muni* or a *Ghor Rishi* but there is *Ghor Tapasvi* - an intense and blind follower of any direction. As a *Tapasvi*, you are ordained with immense powers.



**Sur** - This is one Crown Ordainment of the Pathik. Very rarely a pilgrim arrives at such an esteemed position. A Sur or a Sura is a benign spiritual being of great power. He is a god. Sura is not as great as a Deva. The Suraas live in Swarg (Heaven). There exists a god for every functional requirement of the living - this is true for all cultures in the world these are classical gods.

**Deva** - This is the divine one - A god, a good deity who is worshipped.

## This is the Journey Beyond Love ...

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**T**he absolute Reality is called Brahman. The word Brahman is coined by God to name His synonym. The nature of Brahman is to appear as multitudinous conscious beings called *Jeevatmaa*. What God is to the universe ...Brahman is to *Jeevatmaa*. This assumption of the role of the *Jeevatmaa* is called Ad'dhyaatm. Ad'dhyaatm has the power to elevate you to highest esteems conceivable by man.

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**I**n His absolute state Brahman is unknown and unknowable. Triad of 'The Seer', 'The Seen' and 'The Process of Seeing' is not in Him. But the perfect ones intuit glimpse of His reality in His transcendent state. They realize the existence of the Imperishable as the basis of the perishing Prakriti.

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**T**his contact is like looking at the infinite sky through a peephole. This realization is very important to the pilgrim. The pilgrim intuits that The Lord is unborn and beginning-less. After this contact, the pilgrim is not deluded any more. To see into the way of the Transcendent Reality, is given to the acclaimed pilgrim only.

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But the Brahman filters Himself down further into Immanence. In this aspect of His, He is available to the ordinary pilgrim as Intellect, Wisdom, Non-Delusion, Patience, Truth, Self Restraint, Calmness, Pleasure, Pain, Birth, Death, Fear and Fearlessness. Now in pilgrim Non-injury, Equanimity, Contentment, Austerity, Charity, Fame and Obloquy - these different qualities begin to rise. The attainments acquired by the pilgrim are according to his *Karma* in his all life till-date. He becomes an instrument for the expression of the *Sat'-Chit'-Aanand* positively as well as negatively. The qualities come from the Same Source - The God. The pilgrim now understands the structure of the cosmos and of its orderly functioning and in turn, he is endowed with Unfaltering *Yoga*. With his mind fixed on God, with his life absorbed in God, enlightening all that comes in his contact, ever speaking of Him - the pilgrim is contented and ever delighted. Such an evolved pilgrim is blessed with the power of discrimination by use of which the pilgrim reaches his God. Because of presence of God as conscience, pilgrim is prompted to seek what is good, at least what seems to be good.

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The lamp of wisdom that the God lights into the pilgrim is constituted of Divine Components. Discrimination functions as the Container of the oil. The Contentment coming from *Bhakti* is the Oil. The Flame gets put out by the foul air; but this flame is fed by the pure air of Meditation on God. Awareness of the self ensuing from the constant *Brahmcharya* serves as the Wick. The Heart freed from all worries and anxieties is the Lamp Niche. The burning Lamp runs the risk of being blown out by a Gust; but the mind unaffected by attachment and aversion is the wind-screen. The unbroken Consciousness of God is the Flame emanating from this Lamp of Wisdom set up in the heart of the Pilgrim. He beholds this Divine presence within himself with aid of this Divine Lamp.

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.....The Sublime calls the sublime calls.